

Independent learning leagues

Bedrock Vocabulary

1st: Jayden King

2nd: Bethany Hunt

3rd: Joshua Coward

Hegarty Maths

1st: Calum Beckett

2nd: Thomas Russell

3rd: Bethany Hunt

Fact of the week!

Did you know...the average person spends two weeks of their life waiting at traffic lights.

Word of the week

contemporary

1. Find out what it means.
2. Write it in an impressive sentence.
3. Send to wordoftheweek@oasisisleofsheppey.org

Last week's winner: SKYLA SCOTT (visualise)

I always like to visualise what my work would look like before I start it. My work always turns out perfect when I visualise it in my head.

Cultural Challenge

Don't forget to complete the review on the school website on Friday!

[Cultural Challenge Review](#)

New challenges will be sent out by your General Studies teacher on Monday.



Keeping our minds healthy together

Top 10 tips to support healthy mental health: [NR Top 10 Tips](#)

- Set an alarm and a routine to get school work completed. This will give you structure, focus your mind on your future, reduce anxiety.
- Make sure when you finish your school work you schedule in some physical activity, even a walk.
- Speak to someone every day and laugh.

[Young Minds](#)

Hi Year 7,

How are you all?

I want to say how super proud I am of you all. You are checking in with me, or your Mentor each morning and completing your work set every day. I know lots of you are finding this a real struggle so your efforts are not going unnoticed.

Please continue to log in to SMHW, Bedrock and Hegarty each day as well as checking your emails. Year 7 are the best at this so keep it up!

Thank you for all of the AMAZING Art work you have sent me this week for the competition. You are all so talented.

I am missing you all so please continue to send in all your photos and emails of what you are up to.

Take care, Miss Gregory and Mr Inns

Celebrating great work from Lewis Dawson!

Winning year 7 Spelling Bee group: Joelle Hoggins, Nic Hylands, Rhys Beresford! WELL DONE!

